



**Market brings cultural diversity**  
Kensington Market in T.O. demonstrates how different ethnic groups can happily co-exist.

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# SPOKE

A learning newsroom for journalism students

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Campaign falls short of goal during a year of natural disasters.

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Monday, January 16, 2006

Conestoga College, Kitchener, Ont.

www.conestogac.on.ca/spoke

38th Year — No. 2

## Federation of Students fears Liberal grants will backfire

By BRANDON WALKER

Liberal Leader Paul Martin promised if his party is voted back into power they'll introduce grants, known as the 50/50 plan, to make post-secondary education more affordable. Martin said the grants could put an extra \$3,000 in students' pockets in their first and final year of school.

A two-year tuition freeze will be lifted in September and some groups, such as the Canadian Federation of Students, have concerns the Liberal's grants could actually raise tuition.

"That's entirely possible and it's definitely a concern," said George Soule, the national chairman of the Canadian Federation of Students, in a story in the Toronto Star.

The Canadian Federation of Students' website said they represent more than 500,000 students from over 80 post-secondary institutions across Canada. They provide students with a united voice in dealing with the provincial and federal government.

On the other hand, the president of the College Student Alliance (CSA), Matt Jackson, said he thinks the grants would help boost enrolment and wouldn't cause tuition rates to climb.

Jackson, also the vice-president of Conestoga Students Inc. and a third-year business management student at the college, did agree that each school will have the power to set their own tuition fees.

"But I hope that it wouldn't (raise the cost of tuition)," said Jackson. "That's not how I'd envision (the effects of the grant)."

CSA is a non-profit association that acts as the voice of 16 colleges, including Conestoga, 23 councils and more than 100,000 students, to the provincial, and sometimes federal, government.

David Naylor, the University of Toronto president, was quoted in the story saying the grants could be taken into account when the school determines tuition costs.

The New Democratic Party (NDP) put \$1.5 billion toward making tuition and worker training more affordable when they rewrote the last Liberal budget and their website said they "have more work to do."

Harper, on the other hand, promised the Conservatives would put at least \$1.5 billion toward post-secondary education if they're voted into power.

With the upcoming election, Jan. 23, party leaders are trying to persuade voters they can steer the country in the right direction. Here are some of their promises if they're voted into power.

Martin said his party has already

spent \$13 billion a year for child-care and if re-elected the Liberals promise to invest an additional \$6 billion between now and 2015. They currently have an agreement with Quebec that supports the development of early learning and child-care for families, and other provinces have agreed in principle.

Conservative Leader Stephen Harper said one of the problems with the Liberal's child-care plan is the funding goes directly to the day-care centres and wouldn't help stay-at-home parents or those who hire a babysitter.

The Canadian Federation of Students' website provides students with a united voice in dealing with the provincial and federal government.

Harper promised to put funding into the hands of parents instead. If voted into power, the Conservatives would give parents \$100 a month for each child under six years old. It would go toward "formal daycare, a babysitter, neighbourhood child care or helping one parent stay at home."

NDP Leader Jack Layton promised to invest \$1.8 billion in child care this year, with annual increases of \$250 million over the next three years. The NDP website says the federal funding will be "targeted at licensed, high-quality, non-profit child care."

According to the website, this investment "would create 200,000 (child-care) spaces annually after that." They would also increase the federal child tax credit by \$1,000 "phased in over four years in order to help lower-income families cover child-care costs and meet other essential expenses."

Layton also promised to stop the dismantling of Canada's medicare. On top of that, he promised to stop federal transfer money going toward any profit-making, private insurance system and going to any doctors in that system.

Martin promised that the Liberals will not only maintain medicare but also reduce wait times in hospitals by adding more doctors and nurses. The Liberals also plan to expand home health-care services.

The Conservative's website says one of its goals is to reduce long wait times in hospitals by implementing a maximum wait time guarantee. There was no mention if Harper intends to privatize health care if his party is voted into power or maintain medicare.



(Photo by Jon Yanett)

### Model of success

Architecture/construction engineering technology students, from left, Shaun Smith, Aaron Engel, Maria Maschio and Seb Urban presented their retirement home model in front of family and friends during an elaborate presentation in Room 1E05 in December. For additional photo see Page 5.

## LRC implements new fines

By MEGHAN KRELLER

Students should start paying close attention to due dates set by the Learning Resource Centre (LRC), said Tessa Dueck, chair of the LRC's fines committee.

As of January 2006, students are being penalized with a fine for any overdue resources.

"Up until now there have not been any library fines so if students had overdue books there was no penalty," she said. "This has proven to be a problem because there is no incentive for the books to come back in."

Instead of students paying attention to the return times, they were holding onto the resources until they were finished with them, she explained. Obviously other students were getting frustrated because the materials they needed weren't available.

"So we actually had a lot of students asking us to have fines," Dueck said.

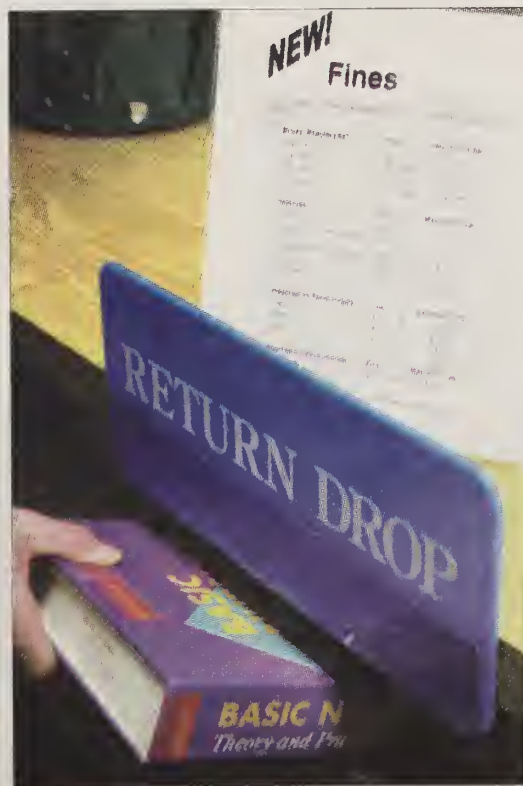
The main problem the LRC was experiencing was with the shorter term reserve items.

"They tend to be high-demand items," she said. "They are usually needed by a whole class at the same time."

These fines should not be taken lightly, said Dueck. As long as a fine is on an account, that student's library privilege will be blocked. Fines range from as little as 25 cents per day to \$1 per hour for some of the short-term reserve items. All fines accumulate to varying maximum amounts.

"Once the maximum fine has been reached and the book still hasn't been returned it will go to the collection agency," she explained. "That reflects on the student's credit rating for seven years."

The money collected with the new fines will go into a reserve fund administered by the college. If the LRC needs any resources they can access some of the funds from that reserve.



(Photo by Meghan Kreller)

As of January 2006, the Learning Resource Centre has implemented fines for overdue resources.

"Indirectly, the money gets used to purchase new materials for the library," she said.

Conestoga's LRC is the last community college library to implement fines.



## Now deep thoughts ...with Conestoga College

Random questions answered by random students

### What do you do to beat the winter blues?



"Drink and party. It's too cold to be outside and I don't want to be in school."  
**Matt Rideout, second-year mechanical engineering technology robotics and automation**



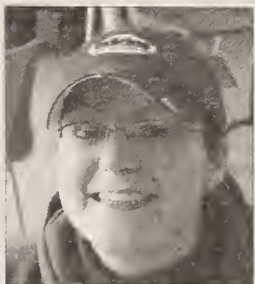
"Play pond hockey, snowboarding and go tobogganing."  
**Jim Barlow, first-year police foundations**



"Stay indoors, drink beer and watch the hockey game."  
**Kyle Burrell, first-year LASA**



"I wear my rubber boots."  
**Shawn Cooper, first-year nursing**



"Put in a good movie and get into my pyjamas."  
**Janie Baker, first-year nursing**



"Get active, go running and go to the gym."  
**Jason Bartlett, first-year LASA**



"Go and play in the snow with my friends."  
**Meghan Pembleton, first-year human resources**

Smile Conestoga, you could be our next respondent!

## 2006 United Way campaign may benefit from early planning

By PAIGE HILTON

In her last year as chair of Conestoga's United Way campaign, Darcelle Watts did something new. In the second last week of November, two weeks after the official end of the campaign, she sent out a reminder to all full-time faculty saying it was not too late to make a pledge.

"It's been a very unique year for people contributing to charities and we're trying to emphasize that it's just as important to help out your local community as it is to help communities elsewhere," Watts said. "It's something we might do again in future years just as a reminder."

The final tally for the college's United Way campaign is \$37,260. That includes the Chartwell's events held at Guelph, Doon and Waterloo campuses as well as Conestoga Students Inc. (CSI) events.

The college supports four regions helped by the United Way: Cambridge-North Dumfries, Waterloo Region, Guelph-Wellington and Perth-Huron.

The United Way helps local non-profit organizations, schools and social services like the Food Bank of Waterloo Region, the Ontario March of Dimes and Anselma House, a women's crisis shelter, to name a few.

The initial goal for the campaign was \$45,000 and Watts said there are a few reasons the target wasn't reached.

"The United Way is down in most communities by varying amounts depending on what their initial target was. It's probably a combination of things. A lot of people who

normally contribute to one charity maybe have spread it out this year because there have been so many natural disasters worldwide and it's still going on. (Victims of hurricane) Katrina still need a lot of support, (as do victims of) the earthquake (in Pakistan), so that could be a part of it."

However, the United Way of Kitchener-Waterloo surpassed its goal of \$5.55 million by approximately \$14,000 this past year.

Watts said she received a good response from her reminder. "If someone can help out, great, if not it's by no means downplaying what we've received. Sometimes people think our two-week campaign is over and it's too late, but it's never too late."

The Chartwell's events at all three campuses raised \$575. CSI also held fundraising events with proceeds going to the United Way, including a barbecue, haunted house and a Halloween bash.

The United Way Games planned by the First Year Council were cancelled because of a lack of students signing up for the event, Watts said, but with more advanced planning a similar event will take place for the next campaign.

Watts said two second-year social services students volunteered their time during the campaign to raise money inside Door 4 on Oct. 27. Kristin Beimes and Dana Chmielak raised \$71 for the United Way.

Watts said she did not realize they could collect that amount in a short period of time. "If we had students to do that every day of the campaign we could raise much more (for the charity)," she said.

Conestoga College was also recognized by the United Way with the Education Award at the United Way donor breakfast on Nov. 25. The college belongs to the education consortium consisting of the University of Waterloo and Wilfrid Laurier University, the two local school boards and the college.

"Within this sector, we were awarded the Education Award in recognition of the effort and enthusiasm displayed this year in expanding the campaign to actively include students, CSI and retirees," Watts said.

Conestoga also received a Merit Award for the amount of contributions received to date, which was approximately \$37,000.

Before passing the torch to the next campaign chair, Watts plans to make some suggestions to improve the campaign and include more students in the years to come.

She said she would like to see CSI included in campaign planning in the spring and pointed out the school could run fundraising activities for students starting in September instead of only during the two-week campaign.

"(We want) to continue to work on a good thing," she said. "We have a lot of advantages working with students. We have close to 6,000 students including social services students, human services students and community services students that we could get more involved in helping with this campaign."

Watts said it would be beneficial for students working on the campaign to take bus trips to local United Way organizations to see first-hand what they are working for.

## CSI Christmas Wishtree best ever

By TIFFANY MCCORMICK

Conestoga Students Inc. (CSI) was successful with their 2005 Christmas Wishtree.

Each year CSI puts up the Wishtree to help Conestoga students in financial need. It is for children ages newborn to 12 who might not have a very plentiful Christmas.

CSI office manager, Janie Renwick, said she feels over-

whelmed by students' kindness.

"People were very generous this year."

The campaign has been in existence for at least 10 years and Renwick said the 2005 campaign was the first year CSI did not have to buy any gifts.

There were 58 cards placed on the tree and all of them were taken. The cards contain a child's age, gender and a few gift ideas.

If cards are not taken from the tree CSI donates a gift certificate to Toys R Us so that every child receives a present.

"It's amazing not to have to buy anything," Renwick said.

Of the Wishtree campaign itself, Renwick said it is a great idea.

"It's a perk at Christmastime."

Renwick said money around Christmas can be tight so the Wishtree helps families with kids.



(Photo by Mike Bors)

### A little to the left

Jason Bartlett (sitting), a first-year law and security police foundations student, relaxes with Darren Nixon, a massage therapist, at the Stress Free Zone held in December.



## Is re-gifting really tacky?

By VANESSA PARKER

With all the presents unwrapped and the holiday season behind us, the beginning of the new year leaves some of us wondering what to do with those gifts received that we know we'll never use, or just plain don't like.

The act of saving a gift given to you and then passing it on to someone else may seem tacky and a social faux pas, but it is becoming more widely acceptable.

The term re-gifting, first coined 10 years ago by the comedian Jerry Seinfeld, has been universally adopted by North Americans.

The act of re-gifting is giving a gift that has not been opened or used. It is not a way to get rid of hand-me-downs. Giving gifts already enjoyed should not be included in this category.

Re-gifting participant and University of Guelph student Tricia Lane said she doesn't feel guilty about giving a gift already given. "Once a gift is given, it's the recipients' gift to do with as they wish," she said.

"If I already have a certain item and are given it again, what's the point in keeping it?" asked Lane.

She said her parents will keep unwanted gifts in their linen closet and all they do is take up space.

"I'd rather be tacky and re-give a present then store it in a closet for years."

If you are hesitant to re-gift there are certain guidelines that etiquette experts have laid out to ensure that the act of re-gifting goes smoothly.

First, pass on the rewrapped present only if it is something you know the recipient will really like.

Second, make sure the item is new with its original box and instructions if applicable.

Next, do not re-gift something that was handmade or created personally for you.

Lastly and probably the most important rule, remember who gave you the present originally so you do not end up giving the present back to the original sender.

Kelly Smith, a resident of Guelph who has been re-giving gifts for years, said she only rewraps impersonal items like chocolates or toiletries.

"I always get so much chocolate for Christmas which I don't need so I'll include one of the extra boxes as part of a birthday present," said Smith. "If someone I know will enjoy the gift more than me I have no problem re-giving the item."

Smith said she finds re-giving a gift easier than returning it or exchanging it.

"Re-gifting is convenient because you save time shopping since you already have a nice present ready to give," she said.

In a new eBay survey of more than 500 Americans, more than half said they've re-gifted presents they didn't want. And 11 per cent of those surveyed said they now sell those unwanted presents online.

If you just can't stomach the idea of rewrapping and handing off an unwanted gift, you can always donate it to a local reputable charity.

# Two graphic design students win first place for logos

By DENISE MÜLLER

As a graphic design student, it's always good to be able to see your work in the community.

Lisa Giehler and Lisa McCoy, both second-year graphic design students, got that opportunity (and \$250 each) on Nov. 28, 2005 when they each won first place for their logos.

Giehler's logo was for Hespeler Minor Softball and McCoy's for a company called Cambridge Solutions.

McCoy said it's nice to have your work displayed for an actual company and it's a good opportunity.

"That's our logo. It's going to be there for awhile," she said. "I'm kind of honoured, actually."

**CAMBRIDGE**  
solutions inc.

Gerald Ford, the president of Cambridge Solutions, said he used to work at the college and has always had a fondness for the graphic design program.

"So, when I started thinking about logos, I knew that there was a graphic design department," he said. "I have someone that works for me ... who still goes to the college here."

Craig Burt, president of Hespeler Minor Softball, got involved through Ford, who is on the same committee as Burt.

Burt said the students did a great job designing the logos.

"There were so many to pick



(Photo by Denise Müller)

Craig Burt, president of Hespeler Minor Softball, and Gerald Ford, president of Cambridge Solutions Inc., awarded graphic design students Lisa Giehler and Lisa McCoy \$250 each for their logo designs.

from," he said. "It's unbelievable what we had to go through to try and get a winner, but these two girls have done a fantastic job."

There were 30 different designs for each logo.



Ford said they took an hour and a half to look at each logo, and got other people's opinions and feedback on them.

"What I did was put them all on a pool table and had people walk by and kind of vote on them," he said.

"And what was the really interesting thing about (the Cambridge Solutions logo) was that we really didn't have a consensus of opinion because a whole slew of people liked different things."

Ford said it was easier to pick the Hespeler Minor Softball logo because there was a specific target in mind.

"Whereas, (Cambridge Solutions) is a little bit more generic," Ford said. "That's why (McCoy) ended up winning, because I picked it."

Ford said he and Burt wanted to use the logos for marketing and a certain target audience.

"Therefore, we really had to

think about what it was really going to look like."

Both logos will be printed on shirts, hats and letterhead and will appear on websites.

"You'll actually start seeing them if you go to Cambridge. You'll see people wearing them in the malls," he said. "If you go out to any of the ballparks in the summertime, you'll see the Hespeler Minor Softball ones on all the kids."

Ford said there will be about 500 kids and 100 coaches sporting the logo next season. He said new gear will be printed with the logo every single year.

"So, after awhile, there will be thousands of them out there."



## The minimum wage is going up.

If you're an employer, here's what you need to know.

	General Minimum Wage	Students under 18 and working not more than 28 hours per week or during a school holiday	Liquor Server	Hunting & Fishing Guides: for less than five consecutive hours in a day	Hunting & Fishing Guides: for five or more hours in a day whether or not the hours are consecutive	Homeworkers (people doing paid work in their home for an employer)
Current wage rate	\$7.45/hour	\$6.95/hour	\$6.50/hour	\$37.25	\$74.50	110% of the minimum wage
Feb. 1, 2006 wage rate	\$7.75/hour	\$7.25/hour	\$6.75/hour	\$38.75	\$77.50	110% of the minimum wage

On February 1, 2006, the general minimum wage will increase to \$7.75 per hour from the current rate of \$7.45 per hour. Another increase will follow bringing the general minimum wage to \$8.00 per hour on February 1, 2007.

To find out more about how the new minimum wage guidelines affect employers and employees, call or visit the Ministry of Labour web site.

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1-800-531-5551

[www.labour.gov.on.ca/info/minimumwage](http://www.labour.gov.on.ca/info/minimumwage)



# The year for change

With each new year comes a new feeling of hope. New year's resolutions are common among people, but what about the institution that so many students call their second home?

Conestoga College is a place, like any other, where plans and actions make changes. Not only has a new semester begun, but a new year has opened a door to welcome these changes.

One of the hottest topics for 2006 is the tuition fee thaw. Costs will be going up and students still don't know by what percentage.

Students are supposed to trust that college systems are fair and reasonable, but feeling blind when it comes to placing a dollar value on education is unjust.

There are people in this college who have the power to ask questions to those with high-standing government status and sometimes it seems as though these questions have been ignored.

What percentage increase will students be facing in September? Students deserve more than last-minute responses and college officials should be getting some answers.

Another topic up for discussion this year is whether or not Conestoga is really going to be expanding as President John Tibbits has said in the past.

For nearly four years there has been talk about Conestoga purchasing the University Heights campus. Last week that finally happened. Now expansion is desired on vacant land across from Highway 401, as well as expanding the college's Guelph campus.

Talk will only go so far until it becomes banter. The five-year strategic plan that is supposed to give students opportunities to advance their education is taking more time than some students want to wait.

No, expansion isn't something that can happen overnight, but does it really have to take five years to do?

If college officials are thinking of expanding everything at once, maybe that is where the problem of time and money is evolving from. Start sooner and expand quicker.

There are students who would like to advance their education now – not five years from now when they are already working and trying to pay loans.

There is all sorts of land and campus space just waiting to be developed – this year, do something with it.

Construction of the new student centre – which will contain new computer labs and a bistro, among other things – started last year.

The centre – which will cost more than \$3 million over the next 10 years – is something students are paying for out of a mandatory \$60 fee that can be found on each students' tuition bill.

Progression of the centre was made quickly. It was discussed, students voted – a majority in favour of the centre – and construction began.

It's interesting to see how something like the idea of a new student centre can be turned into action when the money for it is coming out of students' pockets. Perhaps, when it comes to money, students are more easily persuaded than the government.

College officials could see this as a form of motivation. One-time funding and grants are great when the government is feeling generous, but it is not enough. This should be a year for change.

In a 2005 Spoke article, Tibbits was quoted as saying the Ontario college system is one of the worst-funded systems and Key Performance Indicators (KPIs) – which have rated Conestoga the No. 1 college in Ontario for seven years in a row – are supposed to help bring funding to the school.

There is a chance that Conestoga may be rated No. 1 again this year, but after seven years in a row in the top spot, Conestoga doesn't seem to be better off than many other community colleges in this province.

All talk and no action won't get anyone very far. In 2006 Conestoga should start giving students some answers, to start expanding in hopes of advancing education and to start having a real standing with the new government.

The new year is full of promise and so is Conestoga College.



Watch, as for their next trick these clowns try to win an election.

# Playing with health

I sat in the waiting area of a local emergency room complaining about the amount of time it was taking to see the triage nurse when the reality of my surroundings made me think that I really shouldn't be complaining. Sure I was in some pain, however, the little girl that hid cradled under her mom's arm in embarrassment for vomiting on the emergency room floor brought some feeling of guilt to accompany my discomfort. The amount of things that we take advantage of without realizing how lucky we are is remarkable.

Perhaps instead of complaining, I should have been thinking of how much it would have cost just to see a triage nurse if I was living in the U.S.

How much does it cost for a Band-aid, painkiller or inoculation in an American hospital if you don't have insurance? I, for one, am glad that I've never had to find out.

I suppose people can argue that you can't put a price on your health



**Eric Murphy**  
*Opinion*

but as I lay in the CT scanning bed I wondered what kind of a dent a procedure like this would put in my wallet anywhere else.

One thousand dollars, \$5,000, \$10,000 for each pass through the rotating camera? I'd be the first to say that our own system needs definite improvement. The idea that the ambulance that may be delivering me or a loved one from serious injury or death could be redirected to another emergency room, and thus a few seconds past life expectancy, is more than a little unnerving.

Hours of business for emergency rooms are another thing I don't understand. If I could schedule my emergencies, I more than likely would prefer just to skip them all

together rather than hold off until a more convenient time that adheres to the hospital's schedule.

When I passed an elderly woman hooked up to an intravenous and a plastic urinary tract, coughing and hacking as she enjoyed her smoke, I wondered perhaps if our system makes it easier for people to take advantage of their own health.

But with trip after trip to emerge, scan after scan and needle after needle, I'm grateful that I don't have to hand out dollar after dollar.

Perhaps if we did have to hand out a few dollars we would be more obliged to take care of ourselves, if not just for the simple fact to live a healthy life, but for those we love. I know I'm guilty of it, as are others, but one of these days when we step off that scanning bed that one person that you loved most and who cradled you under his or her arm may not be there anymore and there isn't any amount of money that you can pay to fix that.

## Letters are welcome



**Spoke** welcomes letters to the editor. Letters should be signed and include the name and telephone number of the writer. Writers will be contacted for verification.

No unsigned letters will be published. Letters should be no longer than 500 words.

**Spoke** reserves the right to edit any letter for publication.

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# Life is too precious to be stubborn

Recently I lost someone who was once a very important part of my life, a very important part of who I was and who I am today.

I had not seen this particular person in over five years. We had left things on bad terms and neither of us would approach the other to apologize or to forgive.

The last time I saw this person, he was a strong man. But then he was forced to a hospital bed, and then from this life.

I never had the chance to say goodbye.

Nov. 13, 2005, changed my life forever. Since that day I have had a lot of time to sit and think about what went wrong and how I would carry on with my life from here on in.

This loss was the hardest thing I have dealt with at this point in my life and I have come to learn and



Steph Baulk

Opinion

realize many things.

Some of these things I would like to share in hopes that no one makes the same mistakes I have, or hopefully has the time to rectify a wrong that has already been made.

First, I have learned that you should not waste your emotions being angry.

I spent so much time being upset with this person for what he had done to me over the years.

He had manipulated me, used me as leverage or to manipulate others and he had hurt my feelings know-

ing exactly what he was doing while he was doing it.

I hated him for that. I felt that if he wouldn't come apologize to me or acknowledge that what he did was wrong, then it was his loss and he would have to deal with his actions.

I had drained myself of energy time and time again because I was so angry. I know now it did nobody any good.

I held a grudge against this person, which I now realize life is much too short for.

I held a grudge because I knew that if this person weren't so stubborn, if he wasn't so proud he would have apologized for everything he had done.

But he was stubborn and proud and I knew it would prevent him from making things right. I never got past that and I remembered that

every time I thought of him.

I couldn't bring myself to remember the good times, the times he tried to love me and do right by me.

This brings me to my final and most important point.

It is never too early or too soon to be the bigger person.

I was so angry and I was absolutely hell-bent on this person apologizing to me, telling me he was sorry, that I couldn't be the better person.

I couldn't bring myself to approach this person and tell him I didn't care about what had happened in the past or what he had done to me. I couldn't tell him I forgave him for everything and how we should just move on, and that was my biggest mistake.

I missed out on my chance to have a real relationship with this

person and I have spent a lot of time thinking about why. I don't blame myself for what happened between us, but I do know that sometimes somebody has to step up to the plate and say "I love you."

I'm writing this because I want people to remember that time flies. Holding a grudge or being angry with someone doesn't do anybody any good and it never resolves anything.

Life is too short and too hard to live without the people you love. So take what I'm telling you and tell that special someone just how much they mean to you, tell someone you're sorry or that you forgive them.

Don't make the same mistakes I did. I waited much too long and I was too late. You don't have to be.



(Photo by Jon Yaneff)

## Proud presenters

Architecture/construction engineering technology students, from left, Jess French, Josh Blackler, Tristan Harwood, Chris Beach and Dan Twomey present their models in the E-wing cafeteria Dec. 7.

## Taking pride in a criticized profession

The first step to solving your problems is admitting that you actually have a problem. During the past three semesters at Conestoga College, I've finally realized what mine is. I have to say, it wasn't easy. My predicament is that I am a journalist.

During my two-and-a-half years at the college, I've learned a few fundamental things about what it means to be a journalist. I've been taught the ethics of an honest reporter and to be balanced in my writing. I've been advised to never hesitate to ask any sort of question. The most important thing about being a journalist, I've found, is to be fair and accurate in every story I write, no matter how I feel about the topic I'm reporting on.

I've taken pride in every story I've written over the months, though I will admit there were some that didn't meet my standards of quality. Nonetheless, I've put my heart and soul into what I do and, for that, I take pride.

However, if the previous paragraph has led you to believe that I actually enjoy being a journalist, I apologize. I have misled you.

The harsh reality about journal-



Jason Sonser

Opinion

ism is that you need sources to give you information for your stories. Real people are the meat and bones of every story a journalist writes.

What's so bad about that, you ask? It's when those sources play games with reporters. Like waiting two weeks past the story's deadline to call the journalist back, merely to decline the interview. Or when a person gives the journalist false or conflicting information, then blames the journalist for not doing an accurate research job. Or when a corporation's staff juggles the journalist between five or six different people, only to have the final person say there isn't any valuable information about the company, despite the story being about that corporation's product or services.

These are all situations that have happened to me in the time I've been with Spoke.

Who ultimately suffers in the end? Some would say the readers, because when a story doesn't have all of the accurate information, they lose out on the information that should be important to them.

Some would argue the newspaper itself, because if people are questioning the credibility and accuracy of the paper, people will end up not reading the paper anymore.

I would argue the reporter suffers, because his or her story, and ultimately his or her career, suffers if people withhold or give inaccurate information. When the editor sees the story is missing information or there's a question about how accurate or credible the story is, the reporter will be reprimanded at the very least. It's hard for journalists to get around this when they have daily or weekly deadlines, and sources play games with reporters.

What's the moral of this story? Journalists may be information-hungry, hounding pitbulls who don't leave people alone and can't take no for an answer, but they have jobs to do. Reporters don't want to be that way, but they have deadlines to meet. So, be nice to reporters. Not all of them are jerks.

## My life in pants: hand-me-downs to personal style

Over winter break I had the chance to see many movies.

King Kong was awesome but I couldn't figure out how Naomi Watts went through the whole three hours without a scratch and an immaculate hairstyle.

Vince Vaughn was hilarious in the Wedding Crashers, which also included my favourite up-and-coming actress, Rachel McAdams, who always looks genuine and fabulous.

Penguins, a stout and stately animal, were big in films like Madagascar and March of the Penguins and made me wish I had one as a pet.

Surprisingly, the movie that made me reflect on my life most was the Sisterhood of the Travelling Pants, the story of four friends who survive a summer separated but linked through a pair of jeans they take turns wearing in hopes the pants will bring luck to each girl.

**"Looking back now I understand why red flower print stirrups don't go with everything."**

I started to think of the many pants I've worn and where they have taken me.

My first pair of pants probably didn't get much use before I had outgrown them as a baby.

Fashion wasn't much of a factor growing up since my siblings had worn most of my pants before they landed in my dresser.

Hand-me-downs are pretty standard in a family with four kids.

It was around the age of nine when I began to express myself after my mom would let me choose my own pants before heading into a new school year.

Looking back now I understand why red flower print stirrups don't



Janet Morris

Opinion

necessarily go with everything.

Corduroys were a fun choice considering the cool noise they made when your legs brushed together.

Heading into my teen years the key to looking cool was the tightest, flared-leg, black pants I could find until, of course, hospital scrubs and tear-away warm-up pants took over the halls at high school.

This was when the anti-fashion was the height of fashion and an old pair of '70s jeans from the Salvation Army was the best choice in attire.

I can't forget the many uniforms I was required to wear at my first jobs, including a high-waist grey number complete with golden arches embroidered on the back pocket. Those pants went through a lot of miles behind those greasy counters.

By far my favourite work pants were the maroon pleated-front and tapered leg number from Tim Hortons, nothing made me feel more like an old lady than those pants. It was either that or the granny skirt that fell to the middle of my shins.

Heading into college I got a little more serious about what to wear. I traded in the uniforms for suits and dress pants to fit in with the office environment I worked in.

I wonder if I will look back on this time of my life and cringe at what I wore or if I will think about the places I was and the people I met and all the memories I made.



# First annual parent night successful

By JON MOLSON

More than 600 people attended the first parents' night held at Conestoga College on Dec. 7.

The objective of the event was to provide parents and future students with an opportunity to learn more about the different programs offered at the college. Parents' night also gave Conestoga's faculty and current students an opportunity to converse with interested high school students. Every program was represented as well as many of the college's services, including financial aid, disability services, student life, CSI, etc. All parents with children taking Grade 11 or 12 English in the Wellington, Waterloo and Avon Maitland school boards were invited to attend.

"Applications for post-secondary education are due early 2006, so students are busy comparing schools, checking out academic programs and trying to choose the best option."

*Leanne Holland Brown  
student life co-ordinator*

Paul Osborne, Conestoga's director of marketing, said parents' night accomplished its goal of selling the college to both parents and students.

"Judging by comments from grateful parents, the night was an enormous success," he said. "Many of the parents I talked to seemed almost relieved as they left and were thrilled to have had the opportunity to ask in-depth questions of faculty."

His role at parents' night was to plan the entire evening. Osborne, along with a co-operative program between the college and local school boards, called the School-



(Photo by Jon Molson)

Leanne Holland Brown, student life co-ordinator at Conestoga College, converses with Monica Himmelman, alumni relations and annual fund officer, at parents' night.

College Work Initiative, came up with various ideas to showcase Conestoga's appeal as a post-secondary provider.

Osborne, who is also the director of athletics and recreation, said there was a very good reason for holding this event for the first time.

"Parents are the number 1 influencers when it comes to their child's post-secondary education," he said. "So many are looking for guidance and a place to ask questions, because their children aren't sure which educational path to follow. So we decided that opening the college to parents would be an excellent opportunity for them to investigate possible pathways; and

for the college to showcase our excellent programs."

Osborne said parents' night allowed for questions and concerns to be properly addressed.

"Comments I received from faculty were very positive. Unlike VIP day where a couple of thousand students come onto our campus and basically grab some information and run, parents' night allowed in-depth conversations to occur," he said. "So, a faculty member may have only talked to seven different sets of parents but they were quality recruiting opportunities."

He said Conestoga is planning on holding more parents' nights in the future.

"As parents become more and more influential in deciding their child's future it only makes sense that we cater to that and invite them in to answer their questions."

Leanne Holland Brown, student life co-ordinator at the college, said this type of event benefits more than just parents.

"This event certainly benefits students, as well as parents," she said. "One student specifically mentioned that she felt better having her dad there because he asked questions she didn't think of, and she felt reassured that he heard the same things she did, so they could talk more about it later."

Holland Brown's role at parents' night was answering questions regarding student life at Conestoga, such as information on CONNEX, the current Student Life website, as well as information about the new site coming in early 2006. She also highlighted things to look forward to in the new year, including the new student centre, an expanded orientation model for new students and the creation of a student life committee.

She was impressed with all of the interest in student life.

"Students were interested in opportunities for involvement at the college, and had specific questions around leadership, volunteerism, and seemed intent on getting involved and making the most of their experience at Conestoga."

Holland Brown believes the timing of these types of events is important.

"Applications for post-secondary education are due early 2006, so students are busy comparing schools, checking out academic programs and trying to choose the best option," she said. "This event provided Conestoga with the chance to showcase our many wonderful programs and services, while generating positive energy and excitement about post-second-

ary education."

She said the concept of marketing the college has changed along with the target audience over the years.

"Parents are much more involved in students' decision-making processes than ever before, and as such, are an important component when we market our college and all it has to offer," Holland Brown said. "Additionally, an event like this helps educate the public on new programs and options for students that they may not be aware of."

Holland Brown said holding these events is in Conestoga's best interest.

"When students, friends, families and the general public are well educated about our college it allows for informed decisions and enthusiastic selection of programs of study," she said. "Events like this show that Conestoga cares about students and their success and that we take active measures to provide new opportunities that contribute to a positive experience at Conestoga, right from the very first step."

Despite the success of this year's event, Holland Brown hesitates in suggesting that this event should run exactly the same in years to come.

"The wonderful thing about post-secondary is that it is always changing. I definitely think we should continue to educate family and friends of prospective students, but I would suggest that we evaluate the event's success and impact yearly and make the necessary improvements to ensure that we continue to provide meaningful and timely opportunities," she said. "It's important to constantly assess our best practices at Conestoga and, to ensure they are the best, it usually means tweaking them from year to year. However, there is no doubt that in 2005 this event certainly appeared to be very successful."



(Photo by Brandon Walker)

## A time to remember

A woman has a closer look at some of the items left at the shrine on Yonge Street in Toronto where 15-year-old Jane Creba was shot and killed on Boxing Day. The shrine was removed last week by the City of Toronto because of safety concerns. People had to walk on the street to get around the crowd of people gathered to mourn.



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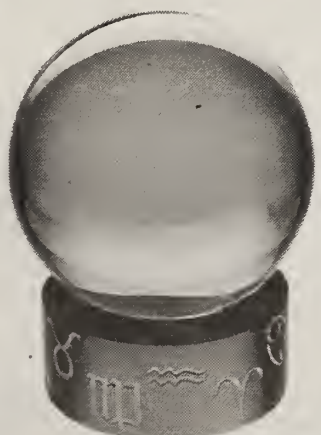
**In Her Shoes**  
**Jan. 16th**  
**Sanctuary**  
**11:30am start**

**The Fog**  
**Jan. 23rd**  
**Sanctuary**  
**11:30am start**

**North Country**  
**Jan. 30th**  
**Sanctuary**  
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and book an appointment today!*



# College serious about winter closures

By ADAM HANNON

The lead hand of grounds at Conestoga College said the school takes winter school closures very seriously.

Peter Schlei said closing the college affects a lot of people.

"I bet I've seen it closed (only) 12-15 times in the 25 years I've been here," he said. "Some years we don't close at all."

Schlei said when the weather forecast is calling for winter storm conditions, Barry Milner, manager of physical resources at the college, monitors all available weather networks, including TV, radio and the Internet. He said Milner even gets up in the middle of the night to check weather conditions in the area.

"If need be he'll contact the various municipalities to get their reports," said Schlei.

If Milner thinks that closing the college might be necessary, he calls vice-president of student affairs Mike Dinning. Milner and Dinning discuss the situation and decide if they should close the school.

"It's a collaborative effort," said Schlei.

If the weather is nice during the day, but it starts to deteriorate toward the evening, Dan Piedra, director of continuing education for the college, is consulted. He helps make decisions about class cancellations for Conestoga's evening classes.

He added that when they look at weather forecasts, they don't just look at what it will be like in the morning, they have to take the whole day into account.

He said they try to make these decisions as early as possible, usually before 7 a.m.



(Photo by Adam Hannon)

Peter Schlei, lead hand of grounds at Conestoga College, salts the front of the recreation centre.

"Basically as soon as the decision's made it's out to the various media," said Schlei.

"You don't want people trying to get on to the campus if it's not safe."

He said John Sawicki from the college's public affairs office relays

messages about any school closings to the media.

The 2006 Conestoga Continuing Education Catalogue lists the seven radio stations which will announce weather-related class cancellations. These stations include 96.7 CHYM FM in Kitchener and the college's own 88.3 FM, as well as stations in

Cambridge, Guelph, Stratford and Wingham.

"It's a situation where you can't just look out your window," said Schlei. "That's why we have so many systems in place. Those people are in place and they all work together."

Schlei said on snowy days someone from K-W Cornerstone Paving calls him at around 4 p.m., to see what the weather conditions are like around the Doon campus of the college. The Doon campus depends on contractors for major snow removal, since the two full-time grounds crew can't maintain the kilometres of sidewalks and roadways by themselves. The grounds crew usually looks after the sidewalks, while contractors look after snow removal on roadways.

Schlei said the grounds crew still use salt to make the roadways safer in the winter, but use a product called Blue Heat around the main entrances of the college. Blue Heat is more environmentally friendly because it contains less salt and sodium than the salt used on roads. This makes it less corrosive to the buildings than salt, but it is also about three times the cost of salt.

"It pays off," said Schlei. "We spend a little more on the newer stuff, but it saves us on building maintenance and replacement of parts."



(Photo by Tim Gedcke)

### Let it snow, let it snow!

Snowy days in southwestern Ontario require tow trucks to be ready at a moment's notice. Above, a tow truck approaches a car in parking lot 12 at Conestoga College.

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Ball Hockey - Fee: \$30 cash team bond

Co-ed Volleyball - Fee: \$30 cash team bond

Co-ed Soccer - Fee: \$30 cash team bond

reminder: to gain access to any of the facilities at the Rec Centre you must present your student card at the front desk



## Life-changing course allows fresh start

By LEE EVANS

Sixteen women who hadn't darkened the door of a classroom for many years graduated from Focus for Change in their first step on the road to independence. The preparatory studies program offered through Conestoga College is a bridge to get back into a learning mode through 16-week classes, which started Sept. 6, 2005.

Women in Waterloo Region receiving Ontario Works funding, formerly known as Mother's Allowance, can overcome obstacles getting back to school or work through the program, which is offered at the Waterloo campus.

Jerri-Lou Nowak, program facilitator, and other staff welcomed the 16 graduates to their ceremonies held on Dec. 23, 2005.

"You are all incredible women, I wish you could see what I see when I meet with you," said Nowak, addressing the women, their families and friends who had gathered for the event.

Many of the women had left abusive relationships or conquered self-destructive lifestyles in order to make a better life for themselves and their children. They ranged in age from 16 to 47 and most were single parents struggling to get ahead.

Several of the staff commented on the incredible changes they see while teaching and mentoring their clients through such courses as preparatory math, English and computer studies.

Caroline Welsand is a counsellor who works with the students four days per week and has been with the program for three years.

"I love my job" she said, "I love what I do."

She says Andrea Leis, program co-ordinator for preparatory studies programs, fought for funding to get a counsellor for the program. Leis said they needed a counsellor to address the specific concerns of people in the program to make the outcomes more successful. The Region of Waterloo supports the position, but they must apply each year to renew funding. Some funding dollars also come from the Ministry of Training, Colleges and Universities.

Welsand says the clients going through the course make great transformations as they gain confidence in themselves and hope for the future.

"I see where you are at the first day, full of potential," she told the graduating students, "and I see you growing day by day and reaching your potential. Remember that you are worth it. You are wonderful caregivers to everyone else and I want you to remember to take care of you."

Ingrid Town, the executive director of alumni and development relations at the Doon campus finds money for awards and scholarships. She announced to the group that a woman, who wished to remain anonymous, had read an article about the Focus for Change Program in The Record and decided she wanted to help. Town distributed Christmas cards containing Zehrs gift certificates for \$100

to each of the astonished students.

For some, there were tears of joy, as preparing for Christmas on a fixed income with young children can be a daunting task.

"Now I can buy a turkey," said one woman.

Nowak read affirmations collectively written by the students as each graduate came up to claim their certificate. As the positive comments about each student were read out loud, there were tears in the eyes of many in the room. The graduates talked about the struggles they overcame to progress through the program. For many of them, it was the first time they had been in a classroom setting in years after lacklustre high school experiences.

Rae Orth, the Ontario Works representative with the region, said funding is provided through the program to cover transportation and child-care expenses for the participants.

Money is also available for employment support, such as the cost of suitable clothing to go for job interviews or a haircut.

Comments made by the graduates as they accepted their certificates were very positive. Most of the women did not wish to be identified for privacy reasons.

One woman in her 40s is the mother of seven children.

"I was just a mom for 17 years," she said. "It got to the point where I had no life in front of me, so I came here. I got a lot of good information to base decisions on."

Another woman, who emigrated here from a country in South America, said, "I gained self-esteem. I used to feel like nothing, but now I have myself back."

"Every one of you touched my life in some way," said a young, slightly built woman. "I love you all so much."

Some of the students had words of praise for the teachers as well.

"If there were more teachers and facilitators like Jerri-Lou and Caroline there would be more people staying in school," a participant said.

Even math wasn't so scary any more.

"Brian is the best teacher," said another student, referring to the program's math instructor. "I like math now. When I started, I thought I wanted a job at Shopper's Drug Mart, but now I want to be a personal support worker."

Elizabeth Cressman, a graduate with a 16-month-old daughter, said she is planning to take business administration at Conestoga College and is enrolled for further upgrading programs in September.

She used to work in retail, indicating one of her strong points was making customers feel comfortable. During maternity leave, she decided she wanted something better for herself and her daughter. Now her goal is to open her own company.

"I am a big dreamer and I'm going to make it," Cressman said.

For further information about the program and how to apply contact the facilitator Jerri-Lou Nowak at jnowak@conestogac.on.ca or phone 885-0300, ext. 243.



(Photo by Jessica Blumenthal)

Many forms of art are found around the Kensington Market in Toronto. Local artists display their work on the outsides of shops, as well as in their studios.

## The secret market

By JESSICA BLUMENTHAL

Despite the black eye Toronto and multiculturalism received after the Boxing Day shootings, there is a sacred place where a mixture of cultures meet harmoniously right in Ontario's capital.

Kensington Market has a long history of cultural diversity and demonstrates how different ethnic groups can happily co-exist. Don't forget to notice the artwork that's all around.

When entering Kensington Market, the feelings of being overwhelmed, intrigued and curious are strong. The colours are vibrant. The Victorian houses are bright blues, intense reds and sunshine yellow. Shops and cafes have fresh food while others display shirts, pictures, rugs and tapestries on their front lawns. The smells change from street to street and mix in the middle. Curry, nutmeg and yeast line the

market stalls and their smell wafts through the air.

Visitors to the community can spend a day shopping at stores like Courage My Love, Dancing Days, Exile and Clic-klak which all offer one-of-a-kind clothing, accessories and houseware. The shops are a trove of bargains which is great for students on a budget. If someone is looking for a place to go to get something special for a fancy night out, Kensington Market offers many options.

Walking around the market works up an appetite. There are places for every palette. There's organic vegetarian, Chinese, West Indian, Portuguese and Canadian cuisine. For those on a tighter budget, there are a plethora of family-owned grocery stores to pick and choose meals or snacks. Fruit and vegetable stands line the narrow streets. Kensington has one of the only cannabis cafes in Canada.

The market is located in between Dundas and College streets. Initially, in the 1920s the Kensington community was 80 per cent Jewish. The cultural diversity of the market expanded after the 1950s when people immigrated from the Caribbean, East Asia, Vietnam and various African countries. The combination of the cultures has made Kensington Market what it is today.

To really experience the market, attend the Kensington Carnival. Held in the late afternoon of Dec. 21 every year, the district comes to life to celebrate the winter solstice in a pageant with a traditional candlelit mummer's parade. In the parade gigantic eight- to 10-foot costumed people walk the streets to cultural music. The streets are busy with holiday shoppers after the parade.

It is a feast for the eyes, and after purchasing some delectable fare, for the stomach as well.



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# Annual holiday tradition continues

By TARA RICKER

Lively toy soldiers, dancing sugarplums and battling mice are what brings the magical tale of The Nutcracker to life.

Every holiday season numerous productions of The Nutcracker are performed all over the world.

Ballet Jorgen Canada presented their version of the magical tale at the Centre in the Square on Dec. 28, 2005.

The Kitchener Waterloo Symphony joined Ballet Jorgen Canada to continue the annual Kitchener-Waterloo Nutcracker tradition.

Founded in 1987 by Bengt Jorgen and Susan Bodie, Ballet Jorgen Canada is the fifth largest Canadian Ballet Company currently serving the nation.

Formerly a highly regarded dancer with Canada's National Ballet Company, Bengt Jorgen

has built his own innovative choreographic company, which has attracted the attention of dance luminaries Arnold Spohr, artistic director Emeritus of the Royal Winnipeg Ballet, and Evelyn Hart, Royal Winnipeg Ballet.

Ballet Jorgen Canada has grown to become Ontario's second largest dance company and progressively a national centre of choreographic development.

"The company's goal is to create opportunities for Canadian choreographers and original new works in classical ballet," said Jorgen.

The Nutcracker is the magical tale of young Klara's Christmas dream. Her beloved Christmas gift, a nutcracker doll, springs to life as a handsome prince.

Together they win a battle against ferocious rodents and then embark on a mystical journey to the Kingdom of Snow and the Land of Sweets.

Thirty students from dance schools in the Kitchener-Waterloo area were selected by Ballet Jorgen Canada to join the company's professional cast for the Kitchener-Waterloo performances and on tour.

Katie Stammer, 11, of Waterloo, was one of the 30 students chosen to perform in the show.

"Being part of the production was amazing and I'm grateful for the experience," said Stammer.

The students were chosen from a group of more than 100 children who auditioned for the show in September.

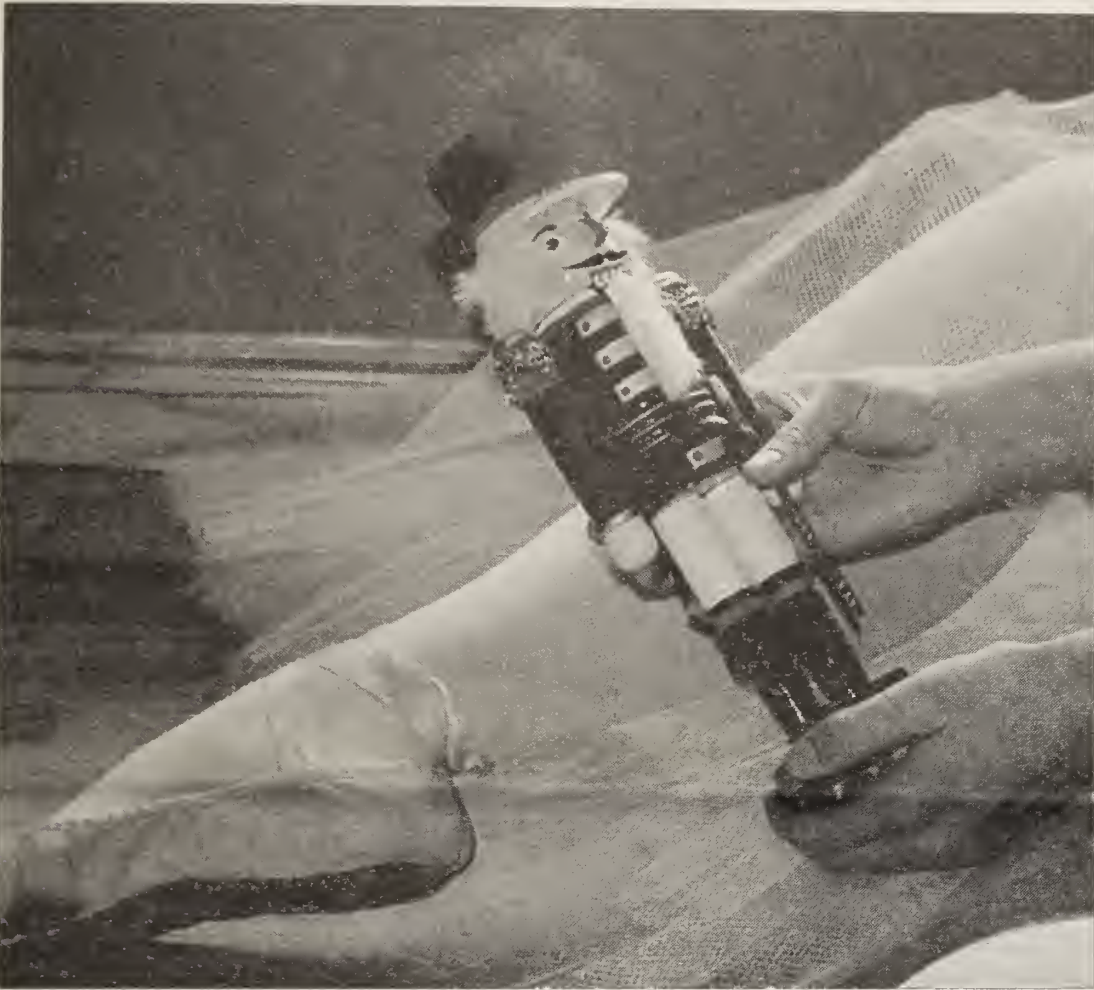
"As in years past, we are pleased to offer an opportunity for local dance students to perform and tour with the company," said Jorgen.

The Nutcracker is a popular family holiday tradition all over the world and its story will surely be told for many years to come.

Ballet Jorgen Canada will be returning to the Centre in the Square with the classic love story Romeo and Juliet on Feb. 14.

Tickets are on sale now. They are \$36 for adults and \$18 for children.

For more information call the Centre in the Square at (519) 578-1570.



(Photo by Tara Ricker)

A delight for the young and the young at heart, the magical Nutcracker is a family tradition. Ballet Jorgen Canada performed the timeless tale at the Centre in the Square on Dec. 28.

## COUNSELLOR'S CORNER: Coming Out

Everyone has a sexual orientation. We may feel attracted - emotionally and physically - to someone of the opposite sex, someone of the same sex, or to people of both sexes. Sometimes, we may even feel as though we are a gender different from that of our birth - and then feel confused about our attractions to others and our choices for a partner. Conservative estimates suggest that one in ten people are gay, lesbian, bisexual, or transgendered. Typically, while heterosexual people participate in dating throughout adolescence, people of an alternative sexual orientation may begin to explore their sexuality only after they have left the formative years, their family, hometown, or previous personal identity.

Some people make the transition in coming out smoothly: accepting one's sexuality may feel like a period of finally "coming home." However, for others it is a task filled with pain, self-loathing and lack of support. This may be complicated by feelings contrary to messages received while growing up, one's definition of "normal," or one's religious upbringing.

Gay, lesbian, bisexual, and transgendered people need a supportive environment that nurtures positive feelings about their sexual orientation. The road to understanding, accepting, and celebrating one's sexual orientation often cannot be traveled alone. If you are confused about your sexuality, need support, or would like to know of resources available in the community and at the College, counsellors in Student Services can help.

A Message from Student Services

Visit our website <http://www.conestogac.on.ca/jsp/stserv/index.jsp>

## There's a new 'Dogg' in town

By MELISSA HANCOCK

Move over Oscar Mayer, there's a new hotdog in town.

Believe it or not, the world of rap and hip hop has branched out again and this time it's to your local grocer's meat counter.

Well-known rap artist, Snoop Dogg, is putting his, well, name on the package of a new hotdog brand called Snoop Doggs, which were expected to hit store shelves this month.

Now, that's something to wrap your lips around.

For years, music artists have been endorsing products and using their songs to bring fame to certain items, but this one really tops them all.

Platinum One Media signed the deal with Snoop, bringing him into the foot-long business for the first time. His partners are Franco Petrucci and Jeff Earp.

Earp is a former owner of a popular hotdog business in Massachusetts, called Joe and Nemo's, which was started in 1909.

According to the Boston Herald, Snoop's brother and business manager, Bing Worthington, says he doesn't think there is much competition in the hotdog market.

Sounds like the Weinermobile may need some slammin' or pimpin' in order to live up to these new hotdog standards.

Just imagine a mother's ears as she walks through the grocery store with her 12-year-old daughter and hears her exclaim, "Hey mom, I want Snoop's foot-long!"

Wow, that's enough to make a few heads turn.

The Herald also quoted Worthington saying, "Imagine a long, skinny hotdog just like Snoop."

Oh dear. What else can be said? Being discretely suggestive is something obviously of the past.

Paul Newman took the lighter road in 1982 with his self-made line of Newman's Own nutritional food products. What would he call them if he came out with his own brand of peanuts? That might be getting a bit racy for the Fig Newman king.

Some say Snoop's celebrity bank account may be in trouble and that is why he is delving into the world of processed meat. However, his status in the spotlight doesn't seem to be dwindling with an upcoming movie role and ongoing hit singles.

If you were a celebrity and had more money than you knew what to do with, what kind of products could you come up with to kill some time?

With a last name like Hancock, I'm sure I could come up with something to top Snoop's foot-long, but I don't think I could take myself seriously afterwards.

At least Snoop is taking on this new project with pride and who knows, maybe this will open the door for more celebrities.

Rap artist Nelly came out with his own energy drink last year, called Pimp Juice, that was named, "best energy drink" by Vibe magazine.

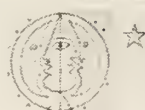
A lot of celebrities are diving into the fashion industry, like Gwen Stefani's new line L.A.M.B., or 50 Cent's G-Unit Clothing.

Britney Spears, Jennifer Lopez and most recently, Shania Twain, are among the many stars who have their own fragrances on store shelves.

Hotdogs may just be the spot to draw the line though. But, who am I to say what should or should not fly when it comes to celebrity products.

All I can say for sure is you will never catch me tossing a package of Snoop Doggs into my shopping cart due to the distasteful image I get when thinking of the product.





# HOROSCOPE

Week of January 16, 2006



## Aries

March 21 -  
April 19

This doesn't have to be the winter of your discontent, Aries, try to put a smile on your face. If you still feel sad and alone, phone a friend, that's what they're for. Lucky day: 18



## Libra

September 23 -  
October 22

Get up early this weekend, Libra, and get some much-needed cleaning and laundry done. Not only will it give you some room to walk around, it'll help your studies. Lucky day: 17



## Taurus

April 20 - May 20

Are you always a guest at weddings and starting to feel as if you're never going to get married, Taurus? Your time will come and deep down you know it's true. Lucky day: 20



## Scorpio

October 23 -  
November 21

It's time you learn some dating tricks, Scorpio. First and only lesson, start playing hard to get. Let your latest interest phone you to try to set up plans, instead of vice-versa. Lucky day: 19



## Gemini

May 21 - June 21

You're starting to lose touch with a close friend, Gemini, and it's someone who's always been near and dear to your heart. Don't let them fall out of your life, do something. Lucky day: 22



## Sagittarius

November 22 -  
December 21

Sunday is your day, Sagittarius, to sit back and relax. Get everything done on Saturday, including your schoolwork. Sunday throw on your favourite childhood movie and reflect. Lucky day: 22



## Cancer

June 22 - July 22

You're one week into second semester and you're feeling swamped already, Cancer? As the ball starts rolling again it's time to regain the focus you had last semester. Lucky day: 19



## Capricorn

December 22 -  
January 19

Don't fall for any of that Internet dating stuff, Capricorn, it's not worth it. Sure, it's worked for other people, but you can do better than that. Hold out for something better. Lucky day: 19



## Leo

July 23 - August  
22

The drama is flaring up in your life again, Leo, as it always tends to around this time of year. It's time to put your foot down and make a choice. You have to choose your own path in life. Lucky day: 21



## Aquarius

January 20 -  
February 18

Have you ever done the funky chicken in your underwear, Aquarius? Somehow the answer to that is obvious. Well, it's time to do things like that more often. Just make sure you close the blinds. Lucky day: 21



## Virgo

August 23 -  
September 22

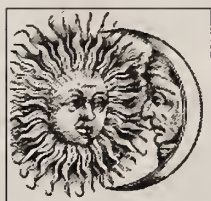
A trip to the bar this week will bring a new person into your life, Virgo. Don't jump in too quickly, as you've just met him or her. Weigh the pros and cons as you can't rewind your life. Lucky day: 16



## Pisces

February 19 -  
March 20

Be careful walking in the snow, Pisces, as this week is looking like a dangerous one. Don't walk under any ladders or break any mirrors either. Maybe you should wear a helmet this week, just in case. Lucky day: 16



Brandon Walker is a second-year journalism student holding fate in the palm of his hand.

# Vertically strutting their punk stuff

By JASON SHERRITT

Have you ever arisen Christmas morning to open a few gifts only to be completely disappointed because the gift you were expecting wasn't there? But wait. What's this? The last gift you open still is not what you asked for, but it turns out to be even better!

Surprise ladies and lads, that's what I'm talking about. Here I was at Call The Office, a bar in London, to interview Cincinnati band Thee Shams. Being a rhythm and soul-drenched blues-rock band, I was plenty excited. However, upon arriving I was told they were being held at the border due to improper paperwork and to expect not to see them.

Despair. What was I going to do now? I slowly walked back to the bar and barely acknowledged the bartender as I ordered a pint of Stella Artois. Then as he handed me my Belgian brew I heard the opening band tuning their guitars and making sure the microphones were all set to par.

"Yeah!" screams the singer and within a fraction of a second the band rips into the most abrasive, face-slapping shock I've experienced next to being brought into this world. The lights haven't even been turned on yet and they're playing fast, hard rock 'n' roll to whomever will listen. Which, being a Tuesday night sadly, was but a baker's dozen of people.

I immediately ran to the nearest table by the stage and stood with my mouth wide open. The powerful and mighty sound was coming from a duo, just guitars and drums. They played two straight songs without pause, reminiscent of The Ramones' performance style, and announced themselves as The Vertical Struts.

The band went into their third number and I smiled to myself as the guitarist jumped off the stage to play for a bit. Then as he knelt to pour as much raw emotion into the song as he could, I knew life was still a gas.

Raymond Biesinger and Trevor Anderson are what make The Vertical Struts a tasty slice of cake. With no knowledge of the band, constant interruptions and a tornado warning in effect, I went ahead and decided to find out just whom it was that blew my mind.

They hail from Edmonton, Alta., and it was their first time east of Saskatoon. Biesinger, the lead vocalist and guitarist, stated, "We've been around for four years. It's just really about time that we got out of there. If you stay at home in Edmonton, the crowds are quite finite."

"We've seen lots of bands who have decided to stay in town or not tour around that much. They discard a lot of really good ideas. The reason we needed to get out of Western Canada was that. We also really need to see interesting things, like we're seeing right now. Trevor can you please describe what we're seeing."



(Internet photo)

Edmonton-based Vertical Struts is a two-piece garage-punk band whose songs rarely exceed three minutes or three chords.

There's a drunk person on the dance floor in the bar acting strangely.

"We're seeing a straight boy in rather tight jeans doing the squeaky dance." Laughter bursts out, cutting through the pop-pounding stereo, and it's clear to see where the charismatic and amusing stage performance comes from. It's no gimmick, no cheap trick, what you see is what you get. Truth is stranger than fiction as they say.

Humble. Real. The Vertical Struts don't hide behind a façade or guise, even when describing their sound. One may try to compare them to The Ramones or The White Stripes but, as Biesinger puts it, "even if we were trying to be imitative of other things, it simply wouldn't happen. There's a filter in effect that is Trevor and my limited abilities."

"I guess it started out that way and it starts to become a strange kind of specialization. I don't play guitar like a guitarist. Trevor doesn't play drums like a drummer."

The Struts don't even dream to

**I immediately ran to the nearest table by the stage and stood with my mouth wide open.**

be the biggest band in the world. They're just a couple of guys who enjoy expressing their thoughts and feelings through music. What they do express as noted on their debut album, which is self-titled, is queer politics, want, socialism and straight politics.

Biesinger says, "The Vertical Struts are a federal entity in a way. The sum persona of Trevor and what is a concern to Trevor and what is a concern to me is put together and then expressed through my mouth, i.e. Washington, DC."

As is well known and controversial, same-sex marriages were made legal in Canada in the past year. The cover of The Vertical Struts' album depicts a wedding cake with two grooms at the peak, the grooms being Biesinger and Anderson.

During the show Anderson took a moment to announce The Struts as a couple. Later he said, "I announced us as a queer band because my definition of queer is coalition. Raymond's straight and I'm gay and we're both from Alberta trying to make rock 'n' roll."

"A lot of the gay music that I see is solo-singer songwriter or a kind of electronica made in a bedroom, one person working alone. What I really like about this band is that, as a straight man, Raymond has found a way to work with me, a gay man, to make the band queer. And I think that maybe, I could be wrong, that might be new."

The Struts are on tour to explore, to see if what they have is in fact, new. Relatively new to rock 'n' roll in the past five years has been the two-piece band. World renowned and popular are The White Stripes, which Biesinger and Anderson don't view as a comparison as they both have different influences.

The Struts draw from visual art, drama and minimalism. "Taking as little as you can and making as much as possible with it" is the main idea as Biesinger says. "There's also a movement or trend in Edmonton. There exists what is known as the holy trinity of two-pieces."

"There's Whitey Houston and Twin Fangs and I think all of them are testament to how much variety is possible within a two-piece, even within something that could be defined as rock. The lack, the minimalism forces you to confront adversity."

With nothing but adversity to face, The Vertical Struts are making sure they stand behind what they believe in. As the band name suggests, a standing framework or brace of strengthened force that resists compression. The coalition of opposites working together to one end. Peace. Unity. Arcadia.

The best physical representation as described in their words is that of Biesinger being East Berlin and Anderson being West Berlin. Biesinger says, "We're still regional, there's tension sometimes, but largely and inevitably, separated as it is, it is still Berlin."



# Head-to-head: Will Petes steal the cup?

## Knights will win again this year

## Downie's return means victory

Anyone could capture the Ontario Hockey League (OHL) championship come spring, but at about the halfway mark in the 2005-'06 season the London Knights look to be the favourites once again.

The Knights won the Memorial Cup last season beating Sidney Crosby and the Rimouski Oceanic 4-0 in the final May 29 and appear to have the weapons on offence and defence to repeat as OHL and Memorial Cup champions.

Right now the Knights are ranked second in the OHL behind the Peterborough Petes with a 25-9-0 record for 52 points (as of Jan. 4).

The Petes have a 29-8-1-0 record for 55 points and have looked impressive so far this season.

The Knights lost Corey Perry, the league's leading scorer from last season (47 goals and 130 points), who is now in the Mighty Ducks of Anaheim farm system.

They still have several key components that took the team on a 31-game unbeaten streak last season, such as forwards Rob Schremp (78 points), David Bolland (71 points) and Dylan Hunter (61 points).

If these players continue to rack up the points they will all finish in the top 10 in scoring for the second straight year. Quite an accomplishment.

The Knights also have the leading rookie scorer, Sergei Kestitsyn, who has chipped in with 17 goals and 48 points.

At the defensive end of the ice the Knights



Jon Yaneff

*Opinion*

have one of the best goaltenders in the league in Adam Dennis.

They lost their goalie from last year (Gerald Coleman), but Dennis has been spectacular with a 25-5-0-2 record, posting a 2.75 goals against average. Coleman is now with the Tampa Bay Lightning's American Hockey League (AHL) affiliate, the Springfield Falcons.

After coming over from the Guelph Storm last season Dennis posted a 9-1 win-loss record in the playoffs. His playoff experience should help the Knights in close games when it counts.

Other than the Petes, the Guelph Storm, Kitchener Rangers and Barrie Colts have put together impressive campaigns and may end up contending for the Memorial Cup if the Knights start to slip.

If every player on the Knights uses his experience from last year to his advantage, it won't matter what the Petes or any other team accomplishes this season because the Knights will be at the Memorial Cup for the second straight year and, if everything goes right, they will win it again.

Those who watched the World Juniors Tournament over the break know the name Steve Downie.

Downie played a pivotal role in Canada's gold medal-winning performance in British Columbia.

Now Downie is ready to help his Ontario Hockey League (OHL) club win the "gold medal" of its league: the Memorial Cup.

Downie, a first-round pick of the Philadelphia Flyers, has averaged close to two points per game this year with the Peterborough Petes.

This impressive stat, however, comes with him only having played 13 games for the team. But with Downie back in the lineup, an automatic boost of scoring can be counted on.

Credit goes to the rest of the team for playing well most of the season without their star player.

Every other player on the team has had to produce in the absence of their star, and have pulled through in the clutch as shown by their OHL-leading record (29-8-1-0).

The incredible thing about the Petes is their balanced scoring. When you look at the top scorers in the league, a player from Peterborough doesn't arrive until 29 (Daniel Ryder, 45 points after 37 games). But they have eight players who average more than a point per game.

To put that in perspective, consider the National Hockey League (NHL). Only four players on the Ottawa Senators are averaging a point per game this year. Compare that to the



Tim Gedcke

*Opinion*

eight that do for the Petes, and that's pretty impressive for the boys from Peterborough.

The London Knights are Peterborough's main competition in the OHL.

London, however, has what could be called the Pittsburgh Penguin syndrome: they depend on all their offence from a few guys. In the case of the Pens, it's Sidney Crosby, Mario Lemieux and Zigmund Palfy. In the case of the Knights, it's Rob Schremp, David Bolland and Dylan Hunter. Those three players, as of Jan. 6, combined for 217 points. If those guys are shut down due to injuries or just having an off-night, who is going to score for the Knights?

Peterborough has a balanced scoring attack, and if one player has a bad day, others are right there to have a big game.

Last time the Petes had a record like they have this year it was the 1992-1993 season. They won the OHL championship that year, and were finalists in the Memorial Cup.

With Steve Downie back with the club, you can expect Peterborough to improve on their OHL-leading record, and, if all goes as planned, surge right into the Memorial Cup.

# Olympic hockey team should win gold again

By ADAM BLACK

The Winter Olympics are just around the corner, and there's one event most Canadians won't be missing: hockey. Since the gold medal wins in 2002 for both men's and women's teams, Canada has had lots of success in international hockey events. Will this team continue in the same steps? With all the talent on the men's team you have to think there's a good chance. There's a lot of winning experience, which was the main focus of team management in the selection. Let's look at the team:

**Starting goaltender, Martin Brodeur:** Arguably one of the greatest goalies to ever play the game. There was no doubt in anyone's mind that he would be the number 1 guy to start. Although he's having a bit of a rough season in the NHL, possibly because of all the new rule changes, he should be back in form with Olympic hockey rules in place.

**Backup goaltender, Roberto Luongo:** Very solid backup for Brodeur. He has faced more shots than any other goalie in the NHL and it could be argued if he had a better team playing in front of him (the Florida Panthers) his statistics would be outstanding. With Team Canada's defence helping him out, he'll have very little problem staying on top of his game.

**Backup goaltender, Marty Turco:** There was much discussion about who would be the third goalie. Jose Theodore is having a bit of a rough season; Curtis Joseph is playing great and was a possible candidate. But Turco is having a great season for the Dallas Stars and couldn't be overlooked. A very strong third person to have in net for Canada.

Moving on from the goalies, we have the Team Canada blue line (defencemen).

**Starting with Rob Blake:** This will be Blake's third time playing for Team Canada in the Winter Olympics. Very experienced defenceman, and a valuable leader in the dressing room. He couldn't be overlooked.

**Adam Foote:** He's having a bit of a rough season so far after being signed by Columbus in the off-season. Still, like Blake, he has experience that will be vital for the team. He's a big man and a hard competitor. He'll prove his worth on the blue line.

**Ed Jovanovski:** He's having a great season in Vancouver. Great at playing from the point, has a great work ethic that can inspire a team. Another given choice for the blue line.

**Scott Niedermayer:** Are you starting to notice a theme in the selected defencemen? They are all obvious choices and full of experience. Niedermayer is no different. He was the NHL's top defenceman in 2004, has a load of experience playing for Team Canada. Another player who just couldn't be overlooked.

**Chris Pronger:** Another big man on the blue line (might play with Foote for a large defensive pairing). Another premier defenceman who can set up players on the point, which will be very valuable on the power play.

**Wade Redden:** Was questionable due to injury through part of the season, but has made his presence felt since his return. Finally gets a chance to represent his country (wasn't able to play in the World Cup due to injury). People question this choice, but he's one of the best defencemen in the league today. **Robyn Regehr:**

Like Redden, he has a very strong work ethic. Doesn't have great offensive talent, but is a great overall defenceman. Will most likely be paired with Redden.

Now onto the offensive talent of the Canadians. Here's where I think a few questionable selections were made.

**Todd Bertuzzi:** This was a very controversial selection. After the suspension for attacking Steve Moore from behind, that still leaves Moore's career in question. The fact of the matter is, the league feels he he's been punished for what he did, so why would they not select one of the greatest power forwards in the NHL? He can hit, he can skate and he can score. We'll take him.

**Shane Doan:** Another great leader (captain of the Phoenix Coyotes). Had a career season in 2004 getting 68 points. He's having an OK season, but a good guy to have in the dressing room to help get guys focused.

**Kris Draper:** Not a great goal scorer, but what he lacks in the scoring department he makes up in experience. He's a key leader for one of the best teams in the NHL, the Detroit Red Wings, and is a possible candidate for wearing the A on his jersey.

**Simon Gagne:** Having a standout season for the Flyers. One of the top three goal scorers in the NHL, he will add valuable offence to the team. One player I think that couldn't be overlooked in the selection.

**Dany Heatly:** Another player who is having an outstanding offensive season. Should play on a line with Gagne to create a great high scoring forward line. Watch for this pair to score many goals.

**Jarome Iginla:** This is a no brainer. Everyone knows what he can do.

In the 2002 Olympics he played outstanding for Canada, and the management could not overlook that. He should play on the number 1 line and also is a strong contender for wearing the A on his jersey.

**Vincent Lecavalier:** He played outstanding in the World Cup, winning the MVP trophy. Will play on the line with Tampa Bay line-mates Martin St. Louis and Brad Richards.

**Rick Nash:** This in my opinion is a bit of a weird choice. He has been injured through most of this season, while players like Eric Staal have been lighting up the score sheet consistently but aren't on the initial team. Should maybe be on the reserves, but who knows? He can score goals, he's proven that. Time will tell if this was a wise choice or not.

**Brad Richards:** He centres the number 1 line for the defending Stanley Cup champions, and he will also be with the same line at Turin. Has great chemistry with Lecavalier and St. Louis. He will be a great playmaker for that line.

**Joe Sakic:** How could you have a Canadian men's hockey team without Joe Sakic? It's impossible. With Mario Lemieux not playing he will be the captain of the squad. He will centre the number 1 line, and is a great leader in the dressing room. No one else on the team deserves to wear the C more.

**Ryan Smith:** Or as I like to call him, Captain Canada. He has done so much for Canadian hockey, leading us so many times in the World Championships. He plays with such heart; just watching him play can inspire a team. Gives 110 per cent every game he plays. He should wear the third A for team Canada.

**Martin St. Louis:** The third member of the number 1 Tampa

Bay line. After having an outstanding 2004 season, he has been rather silent this season. I know that management doesn't want to break up this line, but I don't know if he was the wisest of choices. They are expecting great things from these three guys, let's see if they live up to expectations.

**Joe Thornton:** Arguably the best playmaker in the NHL this season. Leads the league in assists and is in the top 10 in points. He sees the ice so well and sets up his wingers excellently. He should be centring the Heatly and Gagne line.

There will be three players following the team on the reserves. Don't get me wrong, these three players are amazing, and very easily could be starting for the team.

**Jason Spezza, Centre:** Before he was injured he was one of the top three point getters in the NHL (two others were his Ottawa line-mates, Dany Heatly and Daniel Alfredsson). He has the amazing ability to know exactly where everyone is on the ice. Can set up amazing plays. If a centre gets injured watch for him to centre the Heatly and Gagne line.

**Eric Staal:** He is just having an amazing season in Carolina this year. It's very hard to overlook this young talent. I think he should be starting before Nash, but once again I could be wrong. Watch for this kid to be a starter in the 2010 Olympics.

**Bryan McCabe:** He currently leads the NHL in goals by defencemen with 15. Many think he should be a starter, and with good reason. His one-time shot from the point on the power play is amazing. He'll fit in great if someone gets hurt.

The team has their first game on Feb. 15 against Italy. The Olympics open Feb. 10 in Italy.



# Canadian Juniors strike gold once again

*National young guns win on home ice for the third time in tournament history*

By BRENT GERHART

Once again Canada rang in the new year as champions of the junior hockey world. But, unlike last year, Team Canada was not favoured to win the World Junior Hockey Champion (WJHC).

After dominating the 2005 WJHC with then 19-year-old stars such as Patrice Bergeron, Jeff Carter, Corey Perry, Dion Phaneuf and captain Mike Richards as well as the No. 1 pick in the 2005 NHL Entry Draft Sidney Crosby, Team Canada was forced to reload.

The 2006 WJHC had Russia and the United States boasting talented players like the often-called "best player in the world outside of the NHL," Evgeni Malkin and the projected No. 1 selection in the 2006 NHL Entry Draft pick Phil Kessel. Initially, both countries were predicted to dominate their respective pools and battle for gold in the final.

With defenceman Cam Barker being the lone player returnee, second-year head coach Brent Sutter and Team Canada brought forward 21 fresh, new faces to the

under-20 tournament. While Toronto Maple Leafs goaltending prospect Justin Pogge was not at the summer evaluation camp and considered a long shot to make the team prior to the 2005-'06 season, his 22-5 record with the Calgary Hitmen of the Western Hockey League (WHL) and December selection camp showing made him a lock for starting goaltender. Perhaps there was only one other selection that gained more publicity.

After coming under fire for an early season hazing incident, forward

Steve Downie quit the Windsor Spitfires, was traded to the Peterborough Petes, made Team Canada and helped turn the ever-publicized "black-eye" he helped give Canadian hockey into tears of joy. However, he did not do it alone.

Instantly, captain Kyle Chipchura (forward) led the tournament underdog Canadians to a convincing 5-1 victory over Team Finland and did not look back. With a little earlier help from Team Switzerland (who tied USA 2-2), Canada defeated the heavily favoured

Americans with an empty net game-winning goal and went undefeated throughout the round robin portion of the tournament and earned a berth in the semifinals.

Team USA's failure was Canada's gain as the U.S. faced Team Russia in the other semifinal, a matchup which many predicted would take place in the finals. Russia scored four goals in the third period to defeat Team USA 5-1 and coast into the finals.

Canada's semifinal game was against a familiar foe. Although they defeated the Finns 4-0, it was not until defenceman Kris Russell's heads up play gave Team Canada the full momentum. Russell skated to join a rush and made a 2-on-2 into a 3-on-2, accepted a pass from forward Dustin Boyd and then put the puck between Finnish goaltender Tuukka Rask's legs for what was eventually the game-winning goal.

Forwards Blake Comeau and Andrew Coglian and defenceman Kris Letang also scored. Pogge made 19 saves for his second shutout of the tournament.

Canadian fans packed the sold out GM Place in Vancouver to support Team Canada for the WJHC Gold Medal game and they were not disappointed. Downie set the tempo of the game less than a minute in by hammering Russian defenceman Denis Bodrov, but he was penalized for charging. However, neither Downie nor Team Canada slowed down.

With less than three minutes left in the period, Russia allowed Downie to redeem himself as he skated out from behind the net untouched, and slid a shot between goaltender Anton Khudobin's legs and into the net. Downie's goal ended up being the game-winner.

Comeau added the insurance marker for the second game in a row, forward Michael Blunden added two power-play goals in the second period and Chipchura scored his fourth goal of the tournament in the third period. Pogge made 35 saves for his third shutout of the tournament.

For the second year in a row, and the first back-to-back time since winning five in a row (1993-'97), Canada celebrated. Team Canada was World Junior Hockey Champions.

Team Canada also produced two media team all-stars in defenceman Luc Bourdon and forward Steve Downie. Marc Staal was also named the tournament's top defenceman. Forward Blake Comeau (three goals and four assists) lead Canada in scoring and captain Kyle Chipchura and Dustin Boyd lead the team in goals (four each).

Head coach Brent Sutter also took home two prestigious honours, being the first head coach in Canadian junior hockey history to go 12-0 and also the first to win back-to-back World Junior Hockey Championships.

Canada will defend its championship at the 2007 WJHC in Leksand, Mora, Sweden. The puck is scheduled to drop on Dec. 26.

## PERFORMANCE ANXIETY GROUP



DO YOU ....

- ☹ Blank out or struggle on tests?
- ☹ Avoid/ fear presentations?
- ☹ Panic while being supervised or evaluated?
- ☹ Feel anxious when performing in academic situations?

## JOIN A PERFORMANCE ANXIETY GROUP!

To register bring a copy of your timetable to  
STUDENT SERVICES (2B04) by Mon., Jan. 23<sup>rd</sup>

*The group will begin the week of Jan. 30<sup>th</sup> & will run for 4 weeks (time to be determined by student schedules).*

*Group Facilitators - Keith Martin & Shawna Bernard*



# Hoooping it up for Canada

*Conestoga student member of country's Under-22 team*

By BRANDON WALKER

She dribbles the basketball, once, twice, three times. She pulls it up in front of her head, keeps it on her fingertips in proper form and fires it.

The ball spins smoothly in the air with perfect rotation, like a yo-yo, while it heads for the rim. Swish. A player's favourite sound.

She wheels her chair after it and scoops it up. A regular at the college's recreation centre, Katie Harnock doesn't hesitate in challenging anyone to a game of basketball.

In a wheelchair since birth, Harnock has spent the last 11 years playing the game she loves.

This past summer Harnock, a second-year business student, spent Aug. 4 to 14 in Birmingham, England competing for Team Canada in the Under-22 World Junior Wheelchair basketball championships.

She's a veteran of the Canadian Wheelchair Basketball league, playing in Burlington, and was the only female player on her team and the only woman starter at the tournament.

"I've been the only girl on a lot of the teams I've played on, (the Birmingham tournament) was just a bigger scale (of competition)," she said. "It was the first year the Under-22 (team) allowed women to play."

Canada placed sixth out of 12 teams. A true champion, Harnock takes the losses personally and feels they're her fault, although her coaches disagree.

"I internalize it as a personal failure on my part," Harnock said.

Canada was at a disadvantage in the tournament.

The lack of a national standard basketball league in Canada, like the one in Europe, left Harnock and her teammates in for a surprise.

"We didn't shoot very well at all," Harnock said. "The other teams have all played against each other. We were sort of thrown in there not knowing what to expect."

"When you go in with certain expectations and they aren't fulfilled you always ask the 'what if' questions."

Team Canada opened the tournament strong with an easy victory against Turkey, winning 55-34.

In the last play before halftime Harnock amazed the audience with an incredible move.

She brought the ball up court, weaving in and out of people.

As she got closer to the hoop she put the ball behind her back once, brought it around in front with her other hand and put it behind her back again before getting knocked over by a defender.

As she fell she passed the ball off to a teammate for an easy basket. The crowd erupted in applause.

"My job is to be the point guard," she said. "It's to distribute (the ball) first and shoot second."



(Photo by Kevin Bogetti-Smith, Bogetti-Smith Photography)

Katie Harnock keeps her eyes on the hoop while driving the lane. Harnock is a second-year business student at Conestoga College who competed for Team Canada in the Under-22 World Junior Wheelchair basketball championships last year and plays in the Canadian Wheelchair Basketball league.

In late November Harnock competed for Team Canada again, this time in the Olympic qualifying games for the women's senior team, held in Colorado.

Canada finished second behind the U.S. The other countries that participated were Mexico and Brazil.

She said she learned a lot from the more experienced players.

"Mostly court sense—things like when to set picks, when to roll out for a pass or when we should push for a fastbreak," Harnock said.

Basketball has been a major part of her life for the past 11 years. "Everyone in my family played a team sport," she said. "Basketball sort of presented itself. It's what I grasped quickly. It's sort of what I was supposed to do."

"People always said I had a nat-

ural mind for it and a natural ability, as soon as I picked up the ball I knew what to do," she said.

Harnock's coach, Chris Chandler, compared her to NBA legend John Stockton. "She's a true point guard," Chandler said. "And she's got the best ball handling skills I've ever seen."

He said Harnock is probably the best under-22 female player in the world.

Harnock's mom, Barbara, said she's amazed by the things her daughter can do on the court.

"We've spent a lot of time at medical facilities and I'm always struck by the contrast of all of that and seeing her perform at such a high level," Barbara said. "She's had about 17 surgeries; some of them were major and some of them were minor. Watching her compete is a lot nicer than appointments with doctors."

Barbara said the physicians who have helped Katie in the past are supportive and proud of her accomplishments. She said watching the fierce competition between teams is incredible.

"The best part of (Katie) getting together (with other players) is the competition," Barbara said. "It's just amazing how much impact there is and how intense it is. It gets better and better at every level."

Barbara said when Katie isn't playing with a team she's playing in the driveway or in a gym. She said Katie plays with her two brothers, Mike and Chris.

She added Katie always has a ball in her hand, even dribbling around the house. "Once, she even brought (it) to her doctor's appointment," Barbara said. "She was dribbling in the hall for a while until the doctor asked her to stop because she was bothering other patients."

"She's always been very good at handling a basketball," she said. "She spends a lot of time at it but she does have a natural ability."

Barbara said Katie was encouraged to try tennis and track but she liked team sports better.

"Our whole family is so proud of what she's been able to accomplish. It seems like a dream sometimes."

She said Katie's sister, Maggie, has been very supportive and inspirational to her. "Maggie gets inspirational cards and sends them, she never lets Katie forget how terrific she is," she said.

"Katie's a good inspiration for young people. I work as a physiotherapist's assistant and when I tell people my daughter is in a wheelchair, they always say 'Oh, I'm sorry.' And I always reply 'Don't be sorry, you should see the things she's able to do. The wheelchair isn't holding her back.'"

When Katie was three years old they were at the physician's office. Katie was sitting in her first wheelchair while Barbara was asking the physician the best way for her to learn to use it.

Barbara and the physician looked away for a second and Katie was gone; they found her down the hall.

"The chair really is a part of her body and if you apply it to a sport, amazing things happen," said Barbara.

She said Katie is aiming to play basketball in the Beijing Olympics in 2008 and after that maybe she'll play professionally in Europe.





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